New England Deaconess Hospital

pulse

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*BLUE RIBBON WINNERS – Director Richard E. Lee (4th-l) presents first place awards to winners of the Blue Ribbon Award Contest sponsored by the NEDH cost containment committee. Award recipients and categories are: (l-r) Brian McNeil, materials management, "Most Innovative Suggestion"; Marie DeNitto, outpatient billing, "Best Office-Related Suggestion"; Maureen Wright, nursing service, "Best Hospital-wide Suggestion"; Ann Hurley, nursing service, "Best Overall Suggestion"; Marge Wiggins, nursing service, "Best Departmental Suggestion." With the exception of Ms. Hurley, who won a $300 vacation allowance, first place award winners received a gift certificate for dinner at the Ritz-Carlton Hotel.*

# $40,000 worth of ideas

The success of the Deaconess in overall cost containment in recent years can be measured in hard dollars and cents. It also can be measured in terms of the substantial and enthusiastic participation in cost containment efforts by all segments of the NEDH community.

During the past three years alone, the involvement of Deaconess employees in cost containment activities has helped to save more than $1.4 million – money that otherwise would have appeared as charges on the bills of Deaconess patients.

In keeping with the hospital's tradition of voluntary cost containment, the NEDH Cost Containment Committee last month conducted a Blue Ribbon suggestion contest open to all Deaconess employees, with valuable prizes awarded to the ideas judged best among all those submitted in several categories.

The contest produced a wide variety of cost cutting suggestions – all of which will be implemented. They are expected to save the Deaconess more than $40,000 annually.

At a March 20 ceremony in Harris Hall, NEDH Director Richard E. Lee presented prizes to contest winners. In making the presentations, Mr. Lee commended all employees for their faithful participation in the cost containment program at the Deaconess, and emphasized the "critical importance of these activities in today's highly inflated economy."

*Director Richard E. Lee congratulates Ann Hurley, nursing service, on her winning top prize for the "Best Overall Suggestion" in the recent Blue Ribbon Award contest. Ms. Hurley was presented a $300 vacation allowance for her suggestion that NEDH reduce the amount of lost patient charges in the hemodialysis unit.*

Ann Hurley, nursing service, received the top prize of a $300 vacation allowance for her suggestion of a new system for monitoring patient charges in the hemodialysis unit, thereby reducing the level of lost hospital revenues each year.

Other first-place winners received $60 gift certificates for dinner at Boston's Ritz-Carlton Hotel. Award recipients in this category were: Brian

*(continued on page 4)*

# NEDH & Brookline Hospital co-sponsor health fair on April 29

Underscoring their shared commitment to the promotion of good health and the prevention of disease, the Deaconess and the Brookline Hospital (BH) co-sponsored a major health fair on Wednesday, April 29, from 1 to 8 p.m., at the BH facilities on Chestnut Street, Brookline. It attracted more than 500 participants from the local area.

Designed to inform and educate the general public on health-related topics, the NEDH-BH fair was part of "Health Works," a series of neighborhood fairs which were presented throughout the greater Boston area from April 27 through May 2. Each fair involved its local public in simple health maintenance procedures that could help to save lives.

Participants in the Deaconess-Brookline health fair received free, basic health information and medical screening at five major testing stations within the fair site: height and weight check; vision examination; blood pressure measurement; blood chemistry and anemia test. Other stations offered pulmonary and vascular function examinations. In addition, there was an exhibit on nutrition. While none of the medical tests offered were diagnostic, they did screen for possible medical problems.

The joint NEDH-BH fair also featured summary and referral stations. Here, individuals received medical advice based on their own records. Copies of all test results and blood chemistry reports will be sent to all participants within the weeks following the health fair. As an additional feature, health fair participants found to have significant medical abnormalities will receive follow-up contact from volunteer health care professionals.

Persons over 18 years of age were able to visit any or all of the health fair's screening stations where Deaconess and Brookline Hospital medical personnel conducted the various tests. All of the screening was free of charge, except for the blood chemistry tests for which there was a $7 fee to cover the costs of laboratory processing.

Additional assistance in the preparations for the NEDH-BH fair was provided by the Brookline Department of Public Health, the Brookline Visiting Nurse Service and other health organizations in the local community.

"Health Works" is based on a health fair concept developed by the Washington-based National Health Screening Council. Since its inception 6 years ago, the council has conducted health fairs in more than 30 states. According to council statistics, about 35 percent of test participants are found to have medical problems requiring follow-up care.

*BADGER PULMONARY UNIT DEDICATED – On March 20, medical colleagues, friends and family members of the late Dr. Theodore L. Badger, a pulmonary specialist at NEDH for many years, gathered to dedicate the Deaconess pulmonary function unit in his memory. President Laurens MacLure (above) presented to Dr. Badger's wife, Alice, a plaque which will be placed in the unit. Memorial gifts from Dr. Badger's colleagues and friends will contribute to the purchase of pulmonary equipment for the unit. Contributions to the "Theodore Badger Fund/New England Deaconess Hospital" can be sent to: the Deaconess Department of Medicine, Lowry Medical Office Building, 110 Francis Street, Boston, 02215.*

# Deaconess People

*Beginning with this issue, PULSE will feature a new monthly column entitled "Deaconess People." This column will profile people from all areas of the Deaconess community, and will provide personal insights into their individual contributions to the vitality of the hospital.*

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She's the very *essence* of a Deaconess person! Dedicated. Caring. Compassionate. She's called "Upty" by the people who know and work with her.

Upty – an unusual name? Maybe. But a name is never as important as the person to whom it is attached. In the case of Mrs. Marion Upton Clouse, the name – Upty – is only a minor indication of the affection and respect she elicits from those fortunate enough to know her.

There isn't much you can say about Upty Clouse that doesn't somehow lead to a discussion of her unfailing habit of helping others and her dedication to all those principles and qualities that are considered so much a part of the Deaconess tradition – caring, serving, pioneering. She is a very special member of the hospital's community.

For cancer patients on the NEDH oncology cluster unit (OCU), Upty Clouse represents the fulfilling encouragement needed to face the hardships and related problems of a very difficult illness. Since the establishment of the OCU in September 1979, she has given nearly 1,000 hours of her own time to the support and service of its patients and their families.

Working at first as a volunteer and chaplain's assistant in the hospital's pastoral care unit, Upty eventually went on to organize – singlehandedly – and perpetuate the program of support for "coping" sessions that have become a model for groups in other cluster units throughout the Deaconess. Through her role as coordinator of support groups for the OCU, Upty has made it possible for Deaconess patients and their families to express and share their individual feelings and anxieties about living with cancer.

Upty Clouse already has earned the respect and admiration of Deaconess people in all quarters of the hospital. It is especially fitting, however, that the community beyond the hospital understands and applauds the significance of her contributions to fellow human beings. In recognition of her volunteer work with Deaconess cancer patients, Upty will be among nine greater Boston citizens to receive the United Way of Massachusetts Bay's prestigious 1980 Voluntary Action Center Award. It will be presented at a special ceremony to take place on April 29 at Boston City Hall, as part of the local celebration of National Volunteer Week, April 27 to May 2.

John N., father of a 40-year-old NEDH cancer patient, probably won't be at City Hall for the award presentation. But he and his son are among the people Upty has helped. In their own way, they present a special award to her through the sincere admiration that can be read on their faces when they talk about their relationship with her.

John recently accompanied his son to the hospital for chemotherapy treatments. Alone in a strange city, with gnawing fears about his son's illness, John found in Upty the attentive, caring listener he needed to release his anguish.

On a number of occasions during his son's hospitalization, John would meet and talk with Upty in the oncology unit. He would just talk. And Upty would just listen, mostly. When the course of treatment was completed, John and his son prepared for discharge and the trip home. "Oh, you've been so helpful," John told Upty. He put his arm around her in a spontaneous gesture of thanks and affection. Her face beamed.

The scene is repeated again and again, as Upty spends two to three days a week on the OCU, visiting and getting to know about 30 patients and their families. Only after consulting with their attending physicians does she encourage individual patients to attend the weekly support group meetings. "I'm not a therapist or psychiatrist," she points out, "but I do have time to spend listening to patients and their families."

With Margaret O'Connell, M.S.W., of the social service department as group leader, meetings are held for two to nine patients. They gather to talk with each other about living with their illness and the many problems it presents. Since, on the average, patients usually remain hospitalized in the OCU for less than two weeks, Upty must constantly recruit new members to sustain the vitality of the groups.

In addition to guiding patients into the support groups, Upty also encourages their family members to attend separate, weekly group meetings designed specifically to meet their special needs.

What does all of this service and selflessness do for Upty? If you ask her, she'll tell you that it has brought her many personal rewards. "Working with cancer patients has helped me set priorities in life," she says. "It has made me realize that life is precious, and equally so for human relationships. This illness could happen to any of us at any time," she concludes.

Upty's work as coordinator of the OCU support groups has earned her the respect and affection of patients and family members, as well as the hospital's medical, nursing and ancillary staffs.

"Upty is the person who makes it all happen," says patient support group leader Margaret O'Connell. "She has a wonderful, calming way with patients. She puts in a lot of hard work and goes through a lot of frustration in getting patients to attend group meetings. Her ability to gain patients' trust by spending time and chatting informally with them is what brings them into the groups. It takes a special type of person with maturity and understanding to do this," Ms. O'Connell added.

Volunteering is part of a respected and longstanding tradition in Upty's family. Her mother was a role model, serving for years on the Brookline School Committee and working on many community projects and activities. Her brother also has been active in various volunteer organizations.

*Upty Clouse*

Upty's experience as a volunteer covers a wide range of projects. While in high school, she volunteered at Metropolitan State Hospital, a mental health care institution in Waltham. She also has given of her time and talents to the Boston Floating Hospital, Harris Hospital in Fort Worth, Texas, and the League of Women Voters. Today, Upty also teaches Sunday school and helps with other activities at the Church of the Redeemer in Brookline, where she is a lifelong resident.

Upty is married to Dr. Melvin Clouse, chief of the NEDH department of diagnostic radiology. They have two sons, Graydon, age 13, and Phillip, age 10. A 1961 graduate of Fisher Junior College, Upty also studied at Boston University, earning a degree in religion and philosophy.

Early in June, Upty will leave her volunteer activities at the Deaconess to spend the summer with her children before entering graduate school. Next year, she will begin a degree program in social work at Simmons College, Boston. After graduation, Upty plans to return to her work with cancer patients, possibly in a hospice setting. She is now seeking the right person to replace her as coordinator of the NEDH oncology cluster support groups.

"I hope to find a replacement before I leave, because I think that patients and their families are helped so much by these groups," she says. "Even if they don't attend, I feel that it helps them to know that support groups are available. Working with these special patients as coordinator of the support group program presents a great opportunity for someone who needs to be flexible with the time invested, and who is interested in volunteering in a hospital setting," she observes.

Marion Upton Clouse. Upty. A volunteer's volunteer. A renaissance woman dedicated to the idea that every person is special.

In a world that's always too busy, it's often difficult to find someone willing to listen to another's concerns. Upty Clouse is always willing to listen and never too busy!

# *Introducing the Joslin Diabetes Center*

On April 3, the name of the Joslin Diabetes Foundation was changed to Joslin Diabetes Center. In announcing the change, President Robert F. Bradley, M.D., explained that, "Our new name better describes our function as a comprehensive center for diabetes research, education and patient care."

"The previous name, which had been in existence for 13 years, was occasionally confusing since many people associated 'foundation' with a grant-giving organization, which Joslin has never been," Dr. Bradley continued.

Plans to change Joslin's name were announced last fall and approved by the Joslin trustees and incorporators. This past winter, the Boston firm of Lapham/Miller Associates, Inc., was retained to create a graphic identity program featuring a new logo, or symbol, for Joslin. The new symbol (see illustration) will be used on publications, stationery and other materials bearing the name "Joslin Diabetes Center."

Dr. Bradley described the name change as an "exciting development," and noted that it would broaden Joslin's wide range of activities and emphasize its collaborative service programs with the Deaconess, Harvard Medical School and the Brigham and Women's Hospital. He further commented that "the change positions Joslin in the center of a coordinated network of medical specialists, all skilled at treating diabetes and related problems.

The name change is one of the first results of the "Joslin Plan," a series of strategies for maintaining Joslin's preeminence as a center for diabetes research, education and treatment. All areas of the center will be affected, but the focus of the plan will be on research, the discipline which, in recent years, has provided numerous breakthroughs for children with diabetes, adults with diabetes-related eye and kidney diseases, and pregnant diabetic women. Beginning July 1, Joslin's intensified research efforts will be conducted by Dr. C. Ronald Kahn, the center's new director of research.

# Coffee: Good down to the last drop?

The aroma of freshly brewed coffee on Sunday mornings. The quick pick-up offered throughout the workday by the office percolator. The pleasantly bitter taste that complements a rich dessert. Every day, millions of Americans enjoy one or more of these pleasures afforded by coffee.

The coffee industry estimates that close to 60% of the United States population over the age of 10 drinks an average of 2 cups of coffee a day. This adds up to approximately 11.5 pounds of coffee per capita, or 2.5 billion pounds of coffee consumed annually in the United States. Statistics also show a 50% increase in the use of coffee in this country over the past decade. During this period of time, there has been increased concern and controversy over the effect coffee has on human health.

Coffee was in the news again recently, when a study conducted at the Harvard School of Public Health reported a two to three times greater risk of pancreatic cancer in people who drink coffee. Results from an earlier study compiled at the University of Maryland showed no elevated risk for regular coffee drinkers, but implicated decaffeinated coffee, along with other factors, as a risk element in the development of pancreatic cancer. "These results are somewhat conflicting," said Ruth Clark, staff project dietitian, "but they do tend to indicate that caffeine probably is not the responsible element. Coffee also contains many other substances which could provide the link to pancreatic cancer."

Two new long-term studies on the possible link between coffee consumption and pancreatic cancer presently are being conducted. One study, sponsored by the American Health Foundation in New York, will focus on both regular and decaffeinated coffee. The other, conducted at the University of Southern California School of Medicine, will be limited to regular coffee. Results from both studies are expected within the next two months.

"Available information is inadequate to reach a final conclusion regarding whether or not coffee increases a person's risk of developing pancreatic cancer," said Ms. Clark. "Research to prove food-cancer connections is fraught with problems because of the length of time it takes for many cancers to develop and the changes in a person's dietary habits which can occur over that period of time," she continued.

"In addition, both the Harvard and Maryland projects studied people who were hospitalized and who suffered from chronic illnesses which might have influenced their coffee drinking habits and affected the studies' outcome," explained Ms. Clark. "In New York and California research, control groups will be formed among persons living at home, which should make the conclusions more applicable to the general population."

The smell, taste and uplifting qualities of coffee are due primarily to caffeine, a substance which occurs naturally in coffee beans, cocoa and tea leaves, and is added by law to any beverage sold as "cola" or "pepper" drink. A member of the family of substances known as methylxanthines, caffeine also is found in baked goods and some gelatins and puddings. It is a component of about 1000 prescription drugs, and is added to more than 2000 over-the-counter medications including various brands of aspirin, cold remedies and diet pills.

The only nonprescription stimulant available in the United States today, small doses of caffeine (50-200 milligrams, or up to 2 cups of coffee) can affect the central nervous system by decreasing drowsiness, heightening alertness and temporarily improving one's ability to perform mental and manual tasks. Large doses (more than 250 milligrams or 3 cups of coffee) can cause headaches, sleeplessness, irritability and anxiety.

"Caffeinism" is a syndrome that can occur when greater than 1000 milligrams caffeine (10 cups brewed or fresh-perked coffee) is ingested. Symptoms of this condition include restlessness, ear-ringing, agitation and visual hallucinations. Habitual coffee drinkers may develop a tolerance to the stimulant and "caffeinholics" have reported headaches, restlessness and drowsiness when abstaining from their usual dose of coffee.

Because caffeine is found in other substances besides coffee, even non-coffee drinkers may be getting substantial amounts without knowing it. This is especially important for children who consume large amounts of cola and chocolates. Because of a child's physical size, a dose of caffeine is more potent in children than in adults, increasing the likelihood that they will suffer from nervousness, irritability and sleeplessness.

Caffeine enters the body's tissues and organs minues after injestion. In addition to affecting the nervous system, caffeine stimulates the heart muscles, constricts cardiac blood vessels, may alter the heart's rhythmicity and causes an increased secretion of acid in the stomach and a transient elevation of blood sugar. For these

*(continued on page 4)*

## Common sources of caffeine

| Products | mg caffeine per serving |
|---|---|
| Brewed coffee | 85 mg |
| Instant Coffee | 60 mg |
| Espresso | 150 mg |
| Brewed Tea | 30-50 mg |
| Instant Tea | 30 mg |
| Cocoa | 6-112 mg |
| Cola | 35-65 mg |
| Diet cola | 35-65 mg |

| Medications | mg caffeine per tablet |
|---|---|
| Excedrin | 64 |
| Pre-mens | 66 |
| Anacin, aspirin, compound, Bromo Seltzer, Cope, Empirin, Midol | 32 |
| Many cold preparations | 30 |

# Dr. Moellering named to Harvard chair honoring Dr. Shields Warren

Dr. Robert C. Moellering, Jr., who will succeed Dr. James L. Tullis as chairman of the Deaconess department of medicine, has been named the first Shields Warren-Mallinckrodt Professor of Clinical Research at Harvard Medical School (HMS).

The professorship recognizes the many contributions to science, medicine and medical education made by the late Dr. Shields Warren, one of the world's leading experts on the effects of ionizing radiation.

Dr. Warren was affiliated with both NEDH and HMS for over 50 years. He worked as pathologist-in-chief at the Deaconess for 36 years, and was founder of the hospital's Cancer Research Institute, serving as its director from 1951-68. Although Dr. Warren officially retired from NEDH in 1963, he continued to work on various projects at the hospital. At the time of his death last July, Dr. Warren was conducting research on radiation carcinogenesis at the Shields Warren Radiation Laboratory.

Dr. Moellering, currently an infectious disease specialist at Massachusetts General Hospital, will assume the professorship in June. He has been associated with the Harvard faculty since 1970. Dr. Moellering's major area of research has been in examining how antibiotics interact with one another against various bacteria. In addition, he has been involved in clinical research in the fields of pharmacology, epidemiology and general infectious disease.

Mallinckrodt, Inc. and the Edward Mallinckrodt, Jr. Foundation of St. Louis, Missouri, each have contributed a quarter million dollars to the endowment which created the chair. Harvard Medical School and the Deaconess will seek the additional gifts needed to bring the chair to its full funding of $1 million.

Dr. Warren had been involved with Mallinckrodt interests for many decades, having served as a director of the company and as president and director of the Foundation. Plans for the endowment of a professorship in his honor were known to Dr. Warren, who acknowledged this tribute from his associates just a few months before his death.

New England Deaconess Hospital pulse

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Nancy Seideman, Editor

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DEACONESS NIGHT AT THE POPS
SPONSORED BY
THE FRIENDS OF THE DEACONESS
TO BENEFIT
SCHOOL OF NURSING SCHOLARSHIP FUND
Symphony Hall, at 8 p.m.
Wednesday, May 20, 1981

Enclosed please find $____ for ____ tables or ____ seats for ____
Pops Concert, Wednesday, May 20, 1981

Name _____ Phone _____
Address _____ Zip _____

| | | |
|---|---|---|
| Patrons | Preferred Seating | $100 per table |
| Rows G-P | $90.00 per table of five | single seats $18.00 |
| Rows A, Q-U | $75.00 per table of five | single seats $15.00 |

Tax deductible amount per ticket on
Preferred $6.00 Rows G-P $4.00 Rows A, Q-U $2.50

I CANNOT COME, BUT ENCLOSE MY CONTRIBUTION OF $ ____

Please Make Checks Payable to Friends of the Deaconess Pops and Enclose a Self-Addressed Stamped Envelope.

Detach and Mail to Mrs. L. Tillman McDaniel
NEDH, Harris Hall 103, 185 Pilgrim Road, Boston, MA 02215

**Cost containment** *(continued from page 1)*

McNeil, materials management, for his suggestion of how to substantially reduce energy consumption in his department; Marie DeNitto, outpatient billing, for her suggestion that the use of "confidential" interoffice envelopes be eliminated; Marge Wiggins, nursing service, for the suggestion that use and waste of paper towels be reduced; Maureen Wright, nursing service, for her suggestion to cut back on the number of memoranda and notices sent to hospital departments.

Second-place winners were awarded a choice of two tickets for a stage play or a $40 gift certificate for a local restaurant. Winners were: Diane Goudi, blood bank, for her suggestion that all employees be encouraged to pledge themselves as donors to the NEDH Community Blood Program; Caroline Dingman, gift shop, for a suggestion to reduce energy consumption in the hospital's gift shop; Paul Ciccotelli, training coordination, for a suggestion on how to cut heating expenses in the Joslin Auditorium and in Harris Hall.

A pair of tickets to a first-run movie was awarded to third-place winners. Jerry LeJeune, nursing service, received a pair of tickets for her suggestion to reduce waste of disposable items and washing of cafeteria utensils. Third-place prizes also were awarded to both Mary Lee Savage, nursing service, and Bob Desmond, credit union, for their suggestion to install additional public telephones as a means of curbing the use of hospital phones for personal calls.

Cost containment T-shirts were given to the first 50 contest entrants.

Martin Cernek, chairman of the NEDH Cost Containment Committee, said that employee participation in the contest far exceeded initial expectations. "Both the number and quality of suggestions demonstrate an enthusiastic interest in and concern for the Deaconess cost containment program," Mr. Cernek stated. "Based on the success of this recent suggestion contest, we're planning to hold another in the near future," he added.

*NEDH COST CONTAINMENT EXHIBIT RECEIVES AWARD – Robert Bruner (l) chairman of the awards committee of the New England Hospital Assembly, presents a Blue Ribbon Award of Excellence for NEDH's cost containment exhibit to Martin Cernek, chairman of the hospital's cost containment committee. NEDH committee members Dino Fantegrossi and Richard Delaporta joined in the presentation ceremony. The Deaconess exhibit was part of a display at the New England Deaconess Assembly, held at Boston's Hynes Auditorium from March 30 to April 1. The exhibit demonstrates how Deaconess employees have saved the hospital over $1.4 million through cost containment efforts and activities.*

*PAIR OF SUGAR BABIES – Shannon Lessard, a nine-year old diabetes patient from Northampton, plays with "Sugar Babe," an instructional doll used to teach diabetics the proper technique for giving insulin injections. "Sugar Babe" was given recently to the Diabetes Treatment Unit (DTU) of NEDH by the Thomas Sherwin Chapter of the Pioneers Club of the New England Telephone Company. Participating in the presentation were: (l-r) Winfield A. Peterson, president of the Pioneers Club; Judy Prescott, head nurse of DTU East; Gertrude Chakamian, Pioneer Club administrator; and Nancy Jamieson, DTU nurse.*

**Coffee** *(continued from page 3)*

reasons, people with heart diseases, gastric ulcers and heartburn are cautioned against drinking caffeinated beverages.

Results of recent research have encouraged many scientists to urge the Food and Drug Administration to require mandatory labeling of all caffeine containing products, and to officially advise pregnant women to eliminate all caffeine from their diets. Scientists have found that rats fed up to 24 cups of coffee daily produced offspring with cleft palates and missing limbs, while two cups a day resulted in rat pups with retarded growth.

Human studies reveal that as caffeine ingestion increases (over 600 milligrams, or 4 to 6 cups daily), so does the number of problem births and fetal losses. Since caffeine ingested by a nursing mother is readily secreted into the breast milk delivered to the infant, the lactating mother should be aware that her newborn does not yet have the metabolic machinery needed to deactivate caffeine, a potent stimulant for an infant.

Another possible danger of caffeine involves women with non cancerous fibrocystic breast disease. Women with painful breast lumps found that the lumps completely disappeared within six months when all caffeine was eliminated from their diets.

With all the warnings, and mounting evidence against caffeine, what is a country of coffee drinkers to do? Most authorities agree that the healthy adult can consume 3 to 4 cups of coffee (240-400 milligrams caffeine) daily without harm. Heavy coffee drinkers (6 cups or more) might want to substitute with tea occasionally. Domestic teas contain approximately one-half to two-thirds the amount of caffeine present in coffee, while many of the tasty, herbal teas available are totally caffeine-free. With these alternatives, maybe you shouldn't drink every cup of coffee down to the last drop!

*Editors note: this story was adapted from material originally researched and written by Cindy Gray, NEDH dietetic intern.*

*"Deaconess People" A new feature!* *(see page 2)*

*Employees contribute $40,000 worth of ideas* *(see page 1)*

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